National Institute of Environmental Health Sciences

Weather impacts on leisure activities in Halifax, Nova Scotia

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Abstract:

The aim of this study was to investigate the impact of daily atmospheric weather conditions on daily leisure activity engagement, with a focus on physically active leisure. The methods capitalize on time diary data that were collected in Halifax, Nova Scotia to calculate objective measures of leisure activity engagement. Daily meteorological data from Environment Canada and daily sunrise and sunset times from the National Research Council of Canada are used to develop objective measures of the natural atmospheric environment. The time diary data were merged with the meteorological data in order to quantify the statistical association between daily weather conditions and the type, participation rate, frequency, and duration of leisure activity engagement. The results indicate that inclement and uncomfortable weather conditions, especially relating to thermal comfort and mechanical comfort, pose barriers to physically active leisure engagement, while promoting sedentary and home-based leisure activities. Overall, daily weather conditions exhibit modest, but significant, effects on leisure activity engagement; the strongest associations being for outdoor active sports and outdoor active leisure time budgets. In conclusion, weather conditions influence the type, participation rate, frequency, and duration of leisure activity engagement, which is an important consideration for health-promotion programming.

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Resource Description

Exposure :

weather or climate related pathway by which climate change affects health

Temperature

Temperature: Fluctuations

Geographic Feature:

resource focuses on specific type of geography

None or Unspecified

Geographic Location:

resource focuses on specific location

Non-United States

Non-United States: Non-U.S. North America

Health Co-Benefit/Co–Harm (Adaption/Mitigation): ☑

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

Health Impact: ☑

specification of health effect or disease related to climate change exposure

Diabetes/Obesity

Mitigation/Adaptation: ☑

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type: ☑

format or standard characteristic of resource

Research Article

Timescale: ☑

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment: ☑

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content